

Kit Contents

Description	Part No	Pcs
Shock absorber	HO140	1
C-spanner	00710-01	2
Nut	00430-01	2
Screw	00429-01	2
Washer	00414-01	2
Sticker set Öhlins		1
Owners manual		1

Note!

Please note that this image is a general representation of the product and may differ slightly from your product.

Note!

Please note that during storage and transportation, especially at high ambient temperature, some of the oil and grease used for assembling may leak and stain the packaging. This is in no way detrimental to the product, wipe off the excessive oil/grease with a cloth.

Note!

Before installing this product, check the contents of the kit. If anything is missing, please contact an Öhlins dealer.

Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber/front fork/steering damper is an important part of your vehicle and will affect the stability.

Shock absorber kit for Honda

HO 140

Mounting Instructions



MOUNTING INSTRUCTIONS

Warning!

It is advisable to have an Öhlins dealer install the shock absorber/front fork/steering damper.

Warning!

If working on a raised vehicle, ensure it is securely supported so that it will not tip.

Note!

Before mounting this product clean the vehicle thoroughly.

Note!

When working on this product, always see the Vehicle Service Manual for vehicle specific procedures and important data.

1

Put the motorcycle on a workstand so that the rear wheel barely touches the ground.

2

Loosen and remove the standard shock absorbers. See the motorcycle's Workshop manual.

3

Fit the Öhlins shock absorbers in the same position as the standard shock absorbers.

Note!

The shock absorber should be mounted with the cylinder head upwards. Please note the position of the attachment bracket. On the right side the gas reservoir should be pointing forwards. The left reservoir can also be mounted forwards if the helmet lock is removed. Use the supplied washers and sleeves to fit the shock absorber on your bike.

Note!

For assembly on Honda CBX the helmet lock on the left side has to be removed.

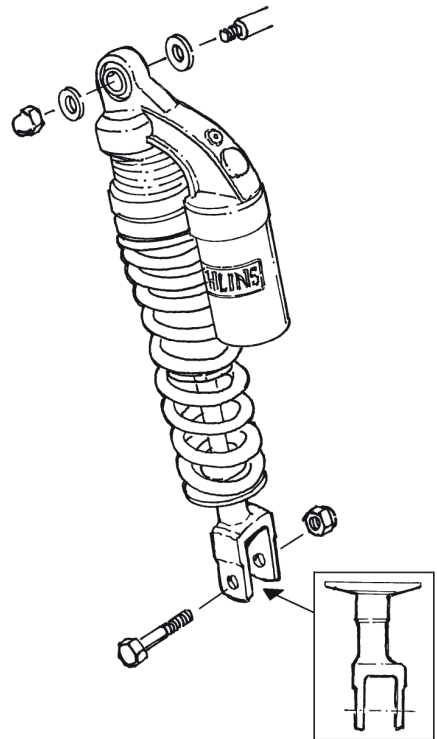
Note!

Lower the vehicle so that the suspension is slightly compressed before tightening the screws.

Caution!

Ensure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber/front fork/steering damper when the suspension is fully compressed or extended.

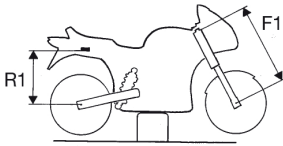
Model	Year
CB 750 F	80-84
CB 750 F2	
CB 750 KZ	79-84
CB 900 F	79-84
CB 900 F2	
CBX 1000 F	78-81
CB 1100 F	82-85
CB 1100 R	81-84



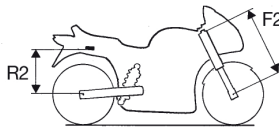
4

Continue your work according to Owners manual, section Adjustments.

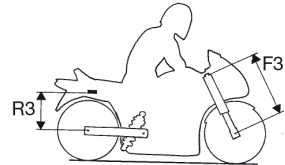
MOUNTING INSTRUCTIONS



Bike on a stand.



Bike on the ground.



Bike with rider on.

Setup data

Shock absorber length
Shock absorber stroke
Spring preload

364 mm
97 mm
17 mm

Checking sag and ride height

Front suspension

F1. Bike on a stand with the suspension fully extended =

F2. Bike on the ground without rider =

F3. Bike on the ground with rider =

Free sag F1 - F2 =

Ride height F1 - F3 =

Rear suspension

R1. Bike on a stand with the suspension fully extended =

R2. Bike on the ground without rider =

R3. Bike on the ground with rider =

Free sag R1 - R2 =

Ride height R1 - R3 =

NOTE!

If ride height is higher than recommended, softer spring/springs must be used.

If ride height is lower than recommended, harder spring/springs must be used.

Contact your Öhlins dealer for advice.


ADJUSTMENTS

Warning!

Before riding, always make sure that the basic settings made by Öhlins are according to recommended Set-up Data. Read about adjustments and setting up in the Öhlins Owner's Manual before you make any adjustments. Contact an Öhlins dealer if you have any questions about setting up.

SET-UP DATA

Length	364	mm
Stroke	97	mm
Spring preload	17	mm

 Öhlins products are subject to continuous improvement and development, therefore, although these instructions include the most up-to-date information available at the time of printing, minor updates may occur.

To find the latest information contact an Öhlins distributor. Please contact Öhlins if you have any questions regarding the contents in this document.

Part no. MI_HO140_1
Issued 2017-01-01

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